

## CLAIMS

We claim:

1. An exercise device for lower body, comprising:

a housing defining two compartments;

a tread positioned within each compartment of said two compartments; and

spring means positioned within each said compartment supporting said tread, said tread thereby floating on said spring means.

2. The exercise device of claim 1 wherein said spring means comprise a plurality of coiled compression springs.

3. The exercise device of claim 2 wherein said housing comprises a bottom panel, said bottom panel includes spring anchors and said tread includes a bottom surface which includes spring anchors, each said plurality of compression springs being anchored between a spring anchor on said bottom panel and a spring anchor on said bottom surface.

4. The exercise device of claim 3 wherein each spring anchor comprises a raised cylinder around which an end of one of said compression springs extends.

5. The exercise device of claim 1 wherein each said tread includes stabilizing means to limit lateral roll of said tread.

6. The exercise device of claim 5 wherein each said compartment includes two side walls to the left and right of said tread, and said stabilizing means comprise a surface fixed to said tread and located on each side of said tread, each said surface engaging a respective one of said side walls, thereby limiting lateral roll of said tread.

7. The exercise device of claim 6 wherein said surface includes friction reducing means.

8. The exercise device of claim 1 wherein each said tread includes friction enhancing means on a top surface of said tread, said friction enhancing means for increasing friction between said tread and a foot of a person using said exercise device.

9. The exercise device of claim 8 wherein said friction enhancing means comprises a textured rubber mat.

10. The exercise device of claim 1 wherein each said compartment includes a front and back wall, and each said tread includes two front rollers positioned at a front of said tread and two back rollers positioned at a back of said tread, said front rollers engaging said front wall and said back rollers engaging said back wall.

11. The exercise device of claim 10 wherein said front wall and said back wall include wear plates at locations contacted by said front rollers and said back rollers.

12. The exercise device of claim 1 further comprising a handle, the handle extending up from said housing and providing a rail positioned to be gripped by a person using said exercise device.

13. An exercise device comprising:

a housing;

a first tread and a second tread positioned within said housing;

spring means positioned within said housing supporting said first tread and said second tread, said spring means forcing said first tread and said second tread toward a top of said housing, said first tread and said second tread being supported by said spring means; and

guide means for allowing said first tread and said second tread to translate vertically within said housing.

14. The exercise device of claim 13 wherein said guide means comprises stabilizers within said housing, said stabilizers attached to said first tread and said second tread and acting to limit roll thereof.

15. The exercise device of claim 13 wherein said guide means comprise a plurality of rollers to reduce friction between said first tread and said second tread and said housing.